



Welcome to the

HYGAIN

**DRESSAGE VICTORIA YOUNG
RIDER SQUADS
&
DEVELOPMENT PROGRAM
2022-2023**



Supported by Horse in the Box



DRESSAGE VICTORIA YOUNG RIDER SQUAD
COME JOIN US



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VICTORIA



DRESSAGE VICTORIA
YOUNG RIDER
SQUAD



EQUESTRIAN
VICTORIA

2022-2023 Program

The Hygain Dressage Victoria Young Rider Squads and Development Program look forward to another successful year and one that is hopefully free of the problems that we have had to face in the past two plus years.

We will build on the training formula that has served us very well, with regular Squad clinics over the year that will offer a range of activities designed to develop you as both riders and athletes. Thanks to our sponsorship we are in a position to look for a range of experts to work with our riders with both on and off horse activities.

We will continue to engage highly qualified EA accredited coaches to deliver lessons. By attending Squad training weekends you will get the opportunity to develop both as a rider and an athlete and will have the chance to attend a range of educational workshops designed to build your knowledge of the sport, rules and welfare issues.

We will continue to offer an attractive Development Program which will be a pathway from Interschool level Participation level dressage to Competitive EA dressage and ultimately FEI level.

We will offer a range of well designed and made Squad merchandise thanks to Adele Plumridge from Raspberry Lemonade.

Photo credits to all parents and riders that have sent in pics and to Madison Layfield for her fantastic YR Squad Promotional video which we are still using, thank you Madison.

https://www.youtube.com/watch?v=RbL7t8ATrB8&feature=emb_title

HYGAIN DRESSAGE VICTORIA YOUNG RIDER SQUADS & DEVELOPMENT PROGRAM TRAINING DATES

<i>Date</i>	<i>Venue</i>	<i>Activity</i>	<i>Closing date For applications</i>
23 October 2022	Werribee Park NEC	1 day training clinic & welcome to the new Squad year	17 October
26-27 November 2022	Boneo Park Equestrian Centre	2 day training clinic	20 November
5 January 2023	Werribee Park NEC	Protocol day	tba
4-5 February 2023	Werribee Park NEC	2 day training clinic	29 January
4-5 March 2023	Werribee Park NEC	2 day training clinic	26 February
27-28 May 2023	Werribee Park NEC	2 day training clinic	14 May



Dressage Victoria Young Rider Squads & Development Program

Key Contacts

Squad Enquiries &
Coaching Coordinator :

Jan Smith 0417 527412 jancsmith@bigpond.com



Merchandise:

Adele Plumridge info@raslem.com

Catering: Coordinator

Lauren Braniff 0430 106075

Off Horse Education

Jan Smith / Bianca Veneziano

Sponsorship

Kate Dertell

Technology / Comms

Aengus Wright

Entertainment

Nicci Growcott



Our Facebook page

<https://www.facebook.com/Victorian-Dressage-Young-Rider-Squads-and-Development-Program-1635341310044420/> has seen amazing traffic and proved a great way to get information out and share ideas. Don't forget to "Like & Follow".

We also have a page on the Equestrian Victoria website

www.vic.equestrian.org.au/dressage/young-rider

Please support our supporters! If you are shopping or looking for information please consider supporting the businesses that have supported us:



- Charlies Fine Foods
- Horse in the Box
- Riddells Creek Dressage



Victorian Young Rider Dressage Squads and Development Program 2021 - 2022 Review

After a rocky start to the 2021-2022 year, losing our first training weekend due to Covid lockdowns, it turned out to be a very successful year with training weekends conducted in November at Boneo Park and in April, June and July at Werribee Park NEC. We also ran a Dressage Protocol day in January and an official competition in July. Over fifty riders were registered across the A, B and C Squads and the Development Program. Training weekends consist of lessons, workshops, fitness sessions and social activities. A wide range of qualified coaches were used throughout the year including Olympians Mary Hanna and Lone Joergensen, Rozzie Ryan, Gitte Donvig, Bianca Veneziano, Jan Smith, Karen Blythe, Deb Court and Jenny Bray. We also had the services of international five star judge Susie Hoevenaars who worked on Freestyles with the A Squad at the July training weekend. Workshops conducted included feeding and nutrition, introducing the judging technique for the FEI Children's tests, choosing your freestyle tests, the geometry of the arena, the training scale, goal setting and planning, first aid for the performance horse and gravity yoga and breathing techniques for riders. Older Squad members also organised a trivia session and team bonding exercises as well as mentoring the younger riders.

Riders, coaches and parents meet each day for lunch catered for by Lauren and Gus Braniff and we find this has developed a great culture with lots of friendships formed. We have a very active social media presence through the Squad Facebook page where news, results and information is shared with 1522 followers.

We are so grateful to Hygain who came on as the naming rights sponsor this year. They have been very supportive. We are also grateful to the continued support of Horse in the Box and Charlies Fine Foods. Our Squad merchandise, designed and supplied by Adele Plumridge of Raspberry Lemonade, continues to deliver innovative and practical design that is embraced by the young riders and their supporters, aka parents and coaches.

The steering group is Lauren Braniff, Adele Plumridge, Kate Dertell, Bianca Veneziano, Nicci Growcott, Aengus Wright and Jan Smith consistently supported by other parents and squad members.

HYGAIN DRESSAGE VICTORIA YOUNG RIDER SQUADS & DEVELOPMENT PROGRAM HIGHLIGHTS

What's in your horse feed? Holly Mills from Hygain	Freestyle Workshop with Tori Stuckey, Sand Dancer Freestyles
The Training Scale Demystified Jan Smith	The FEI Children's Tests—Judging Rider Quality Susie Hoevenaars & Jane Ventura
Gravity Yoga & Breathing Techniques for Riders Pernille Hogg	First Aid for Performance Horses Dr Olivia Greenwood
Goal, Plan, Success! Tracey Lee	The Geometry of Dressage Jan Smith
Emily and Andrea's Amazing Trivia Quiz	Fitness, Fitness, Fitness Bianca Karp, Equestrian Coaching & Fitness

How the Squads & Development Program work:

- ◆ Riders can apply from the commencement of the calendar year in which they turn eight years old on ponies and ten years of age on horses, (as per the EA Rules) and can remain in the squads until the end of the year in which they turn twenty five.
- ◆ Riders must be financial members of Equestrian Victoria
- ◆ Horses in the Development Program do not need to be EV registered.
- ◆ Points for our planned Annual Awards will be gained at training weekends throughout the year.

Victorian High Performance Youth A Squad:

Will consist of a maximum of 10 best performed combinations— Elementary x 2 (incl. FEI Pony) + Medium / Advanced (incl. FEI Junior) x 3 + FEI x 5 + 2 wildcards. Depending on performances, this formula may be adjusted.

Victorian Youth B Squad:

Will consist of a maximum of 16 best performed combinations (excluding the Victorian Youth A Squad) — Novice / Elementary (incl FEI Pony) x 8 + Medium / Advanced (incl. FEI Junior) 4 + FEI x 4.

Victorian Youth C Squad:

Will consist of a maximum of 10 best performed combinations (excluding the Victorian Youth A & B Squads) Novice & Elementary, higher levels if appropriate.

Development Program

This will be for riders that may, for whatever reason, not fill the above criteria.

This is to give every rider the chance to work with other riders of similar levels and ages . Ponies will also be catered for within levels / groups if appropriate.

Training Weekend Format:

- ◆ Typically A Squad members will receive 1 private riding lesson each day.
- ◆ Typically B Squad members will receive at least 1 private riding lesson each day.
- ◆ Typically C Squad & Development Program groups will receive 1 private lesson or one group of 2 each day.
- ◆ All Squads and groups will also work with a qualified personal fitness trainer to maximise their potential as an athlete. A range of other Off Horse workshops / seminars will be offered. Attendance at these workshops / seminars is compulsory unless prior permission is obtained.
- ◆ Innovative entertainment on the Saturday night (ideas welcome) & Social Activities
- ◆ A quality range of Squad merchandise will be available, courtesy of Raspberry Lemonade, ordering dates limited and tbc.
- ◆ Lunch will be provided each day. All riders and parents are expected to enjoy meals together. Saturday night meal may incur a small charge.
- ◆ The Steering Group reserves the right to alter or amend conditions as they see fit and for the benefit of members.



